Benzodiazepines

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

[[illegible]: [illegible] findahelpline.com]

[illegible] **Recovery Kernel**

Xanax, Valium, Klonopin, Ativan, Librium, Restoril, Ambien, Lunesta, Pregabalin, Gabapentin.

⚠ [illegible] – [illegible] | [illegible]: [illegible]
[illegible]: **1669** [illegible] **191** [illegible] [illegible]: **1323**

[illegible] [illegible]

[illegible] [illegible]

[illegible]

[illegible] [illegible]: [illegible]
[illegible]

[illegible]: [illegible], [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] — [illegible] — [illegible] tersebut. [illegible] GABA-A [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] "[illegible]": [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- [illegible] — [illegible]
- [illegible] - [illegible]
- [illegible]
- [illegible]

[illegible], [illegible], [illegible], [

[illegible] 1 — [illegible]

THE CENTURION — [illegible]

[illegible] Recovery Kernel [illegible]: [illegible]— [illegible] —[illegible]

[illegible] benzodiazepines [illegible] "[illegible]" [illegible] "[illegible]" [illegible]

[illegible] GABA-A.

[illegible]

[[illegible]]

[illegible]	[illegible]	[illegible]
[illegible] GABA-A	[illegible] GABA-A [illegible] GABA [illegible] GABA [illegible]	[illegible] GABA [illegible] GABA-A [illegible] GABA [illegible] glutamate [illegible]
[illegible]	[illegible] GABA-A [illegible] ([illegible]) [illegible]	[illegible]

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[illegible]	[illegible]	[illegible]	[illegible]: * [illegible] * [illegible] * [illegible]
[illegible] ([illegible])	6-27 [illegible] ([illegible])	10 [illegible]	[illegible] ([illegible]) [illegible]
Lorazepam (Ativan)	10–20 [illegible] ([illegible])	[illegible] 5 [illegible]	[illegible] — [illegible]
Clonazepam (Klonopin)	18–50 [illegible] ([illegible])	20 [illegible]	[illegible] clonazepam [illegible] GABA-A [illegible] (half-life) [illegible] clonazepam [illegible] diazepam [illegible].
[illegible] ([illegible])	20-100 [illegible] ([illegible])	[illegible] (1 [illegible])	[illegible] Ashton Protocol [illegible] (diazepam) [illegible] (desmethyldiazepam) [illegible] 36–200 [illegible]

[illegible] [illegible] (Librium)	24-48 [illegible] ([illegible])	0.25 [illegible] ([illegible])	[illegible] [illegible] [illegible] (diazepam) [illegible] [illegible]
[illegible] (Restoril)	8-22 [illegible] ([illegible])	1x	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] Z-drugs (zolpidem / Ambien, eszopiclone / Lunesta, zaleplon / Sonata)	2-8 [illegible] ([illegible])	[illegible] — [illegible] GABA-A	[illegible] GABA-A [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (diazepam) [illegible]
Pregabalin (Lyrica) / Gabapentin (Neurontin)	[illegible]	[illegible] GABA — [illegible]	[illegible] Gabapentinoids [illegible] [illegible] Benzodiazepines, [illegible] Benzodiazepines [illegible] [illegible] [illegible] [illegible] GABA-A receptors [illegible] voltage-gated [illegible] GABAergic [illegible] Gabapentinoids [illegible] [illegible] [illegible] Gabapentinoids [illegible] Pregabalin [illegible] [illegible] [illegible]

[illegible] — [illegible]

THE CENTURION — [illegible]

[illegible] C-34 [illegible] Compendium [illegible] Recovery Kernel [illegible] "[illegible]" [illegible] 1998 [illegible] benzodiazepine [illegible] GABA [illegible]

[illegible]: [illegible]

[illegible] (iatrogenic benzo dependence) [illegible], [illegible], [illegible]

Recovery Kernel [illegible]

[illegible]

[illegible] 2 — [illegible]

[illegible] GABRA2 [illegible] [illegible] CYP450 [illegible]

[illegible] DNA [illegible]

[illegible]	[illegible]	[illegible]	[illegible] **Benzodiazepine**
GABRA2	[illegible] GABA-A [illegible]-2 — [illegible] [illegible]	rs279858 / rs279845: [illegible]	[illegible] GABRA2 [illegible] GABRA2 [illegible] GABA [illegible] GABRA2: [illegible] GABA-A [illegible], [illegible] (PAWS) [illegible], [illegible] GABA [illegible]
CYP2C19	[illegible] (Valium) [illegible]	[illegible], [illegible]	[illegible] CYP2C19 [illegible] — [illegible] (Ashton Protocol) [illegible] 3-5 [illegible], [illegible]

			[illegible] CYP2C19 [illegible]
CYP3A4	[illegible] alprazolam, clonazepam, lorazepam [illegible] midazolam	[illegible] (inducers) [illegible] (inhibitors) [illegible] (standard metabolizers)	CYP3A4 [illegible] CYP3A4 ([illegible], [illegible], [illegible] — [illegible]) [illegible] CYP3A4 ([illegible], [illegible], [illegible]) [illegible]
COMT	[illegible]	Val158Met (rs4680)	[illegible] (iatrogenic benzodiazepine population) [illegible] "Sage" [illegible] (Met/Met, COMT [illegible]) [illegible]: [illegible] (PAWS) [illegible] [illegible] "Warrior" (Val/Val) [illegible]
MTHFR	[illegible] — [illegible]	C677T (rs1801133), A1298C (rs1801131)	[illegible] MTHFR [illegible] 5-MTHF [illegible]

			[illegible] [illegible] [illegible] [illegible].
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]	[illegible] "[illegible]/[illegible]" [illegible] SLC6A4 [illegible] [illegible] "[illegible]/[illegible]" [illegible] [illegible] [illegible] [illegible] GABA
BDNF	[illegible] — [illegible]	Val66Met (rs6265)	[illegible] BDNF [illegible] [illegible] [illegible] MTHFR [illegible] BDNF [illegible] [illegible]

[illegible]

[illegible]:

- [illegible] [illegible] [illegible]? [illegible] GABRA2 [illegible] Sage COMT [illegible]
- [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]? → [illegible] CYP2C19 [illegible] [illegible].

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			[illegible]
Clonazepam (Klonopin)	0.5 [illegible]	18–50 [illegible]	[illegible]; [illegible]
[illegible] (Restoril)	10 [illegible]	8-22 [illegible]	[illegible] (diazepam) [illegible]
[illegible] (Librium)	25 [illegible]	24–48 [illegible]	[illegible]
Zolpidem (Ambien)	10–20 [illegible] ([illegible])	2-3 [illegible]	[illegible]
Pregabalin (Lyrica)	[illegible] — [illegible]	6 [illegible]	[illegible] 25 [illegible] (benzodiazepine) [illegible]

⚠ [illegible]

3.3 — [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible] GABA-A [illegible]	[illegible] — [illegible]	[illegible]

[illegible] ([illegible])	[illegible]	[illegible] 1-2 [illegible]	[illegible] 2 [illegible] 3-4 [illegible]
[illegible] ([illegible] 1-4 [illegible])	[illegible] GABA-A [illegible]; [illegible]; [illegible] HPA; [illegible]	[illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible]	[illegible] ([illegible], [illegible]) [illegible] [[illegible]]
[illegible] ([illegible] 1-3)	[illegible] GABA-A [illegible]; [illegible]; [illegible]	[illegible]; [illegible]; [illegible]; [illegible]	[illegible] (Recovery Kernel). [illegible] — BDNF [illegible] "[illegible]" [illegible].
[illegible] / [illegible] ([illegible] 3 [illegible])	[illegible] GABA-A [illegible]; [illegible]; [illegible]	[illegible], [illegible], [illegible], [illegible], [illegible]	[illegible] (Protracted Withdrawal Syndrome - PAWS) [illegible]

			[illegible]
[illegible] ([illegible] 12-24 [illegible])	[illegible] GABA-A [illegible]; [illegible]; [illegible] HPA [illegible]; [illegible]	[illegible]; [illegible]; [illegible]; [illegible]	[illegible] "[illegible]" [illegible] ([illegible] C-28) [illegible]

3.4 — [illegible]

THE CENTURION — [illegible] — [illegible], [illegible], [illegible]

[illegible] (Protracted benzodiazepine withdrawal syndrome: PBWS) [illegible] 12-24 [illegible] "[illegible]" (windows and waves) [illegible]

[illegible]: PBWS [illegible] GABA-A [illegible]

[illegible] PBWS [illegible]: [illegible], [illegible] ([illegible]), [illegible], [illegible], [illegible] ([illegible], [illegible]), [illegible], [illegible]

[illegible] (PBWS): [illegible] 01 ([illegible]). [illegible] 4-7-8. [illegible]-[illegible]. [illegible]— [illegible] PBWS.

[illegible] 4 — [illegible]: [illegible]

[illegible] GABA-A [illegible]

[illegible]: [illegible] ([illegible], [illegible], [illegible]) [illegible] GABA [illegible]

4.1 — [illegible]

[illegible] GHB [illegible] GABA [illegible]: [illegible] GABA-A

[illegible]	[illegible]	[illegible]	[illegible] **(opioid)** [illegible] **(benzodiazepine)** [illegible]
5-MTHF (L-methylfolate)	400–1000 [illegible]	[illegible]	[illegible] MTHFR, 5-MTHF [illegible]

			[illegible] 2–4 [illegible] 5-MTHF [illegible] 400 [illegible] "[illegible] methylation" ([illegible])

[illegible]:
 	
* **[illegible]:** Methylcobalamin ([illegible] B12)
* **[illegible]:**
    * [illegible] B12 [illegible]
    * [illegible]
* **[illegible]:**
    * [illegible]
    * [illegible]
	1,000–2,000 [illegible]	[illegible]/[illegible]	[illegible]12 [illegible]12 [illegible]

P5P ([illegible] 6 [illegible])	25–50 [illegible]	[illegible]	[illegible] GABA: [illegible] GABA [illegible] pyridoxal-5-phosphate (P5P) [illegible] GABA [illegible] (receptor downregulation) [illegible] GABA [illegible] P5P [illegible] pyridoxine [illegible]
[illegible]	400–600	[illegible]	[illegible]

[illegible]	[illegible]	[illegible]	[illegible] GABA [illegible] compendium [illegible] magnesium glycinate [illegible] benzodiazepine (benzo) [illegible]: * NMDA antagonist ([illegible] NMDA) * GABA receptor stabilizer ([illegible] GABA) * GABA synthesis cofactor ([illegible] GABA) * Anxiety reducer ([illegible]) * Sleep support ([illegible]) [illegible] benzo [illegible]

4.2 — [illegible] GABA-A

THE CENTURION — [illegible] (Taper)

[illegible] GABA [illegible] (benzo tapering) [illegible], [illegible]-[illegible], [illegible], [illegible]

⚠ [illegible]: [illegible] **GABA** [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
L-Theanine	200–400 [illegible]	[illegible] - [illegible] 2-3 [illegible]	[illegible] L-theanine [illegible] GABA [illegible]

		□□	benzothiazepine (benzo). □□□□ □□□□□□□□□□□□ GABA □□□ glycine; □□□□□□□□□□□□□□□□□□ □□□□□□ alpha; □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□
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[illegible]	300 [illegible]	[illegible]	[illegible] HPA axis [illegible] GABA-A [illegible] HPA axis [illegible]
[illegible]	4-18 [illegible] ([illegible])	[illegible]	[illegible] GABA [illegible] ([illegible]) [illegible]
NAC (N-Acetyl Cysteine)	600–1800 [illegible]	[illegible]	[illegible] GABA [illegible]
[illegible] (Melissa officinalis)	300–600 [illegible] ([illegible])	[illegible]	[illegible] GABA transaminase — [illegible] (valerian) [illegible] benzos [illegible]

4.3 — [illegible]: [illegible]

THE CENTURION — [illegible] [illegible]

[illegible] [illegible] [illegible] [

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[illegible] BDNF

- [illegible]: [illegible] BDNF [illegible] [illegible] [illegible] 30 [illegible] BDNF [illegible] 200–400% [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] (benzo fog) [illegible] [illegible]
- [illegible]: [illegible] [illegible] BDNF [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] — [illegible] [illegible] — [illegible] [illegible] [illegible]
- Alpha-GPC [illegible] CDP-Choline (250–500 [illegible] [illegible]): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible] Lion's Mane (500–1000 [illegible]): [illegible] NGF [illegible] [illegible] [illegible] benzos [illegible]
- DHA (1000 [illegible].[illegible]): [illegible] [illegible]; [illegible] BDNF; [illegible] [illegible] [illegible] GABA [illegible].

4.5 — [illegible]

[illegible] REM [illegible] N3 ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (rebound insomnia) [illegible] [illegible] REM [illegible]

- [illegible]: 0.5–1 [illegible] [illegible] [illegible] 30–60 [illegible] [illegible] [illegible] [illegible]
- [illegible]: 400 [illegible] ([illegible] [illegible]), [illegible] 1 [illegible] [illegible] GABA-A [illegible] [illegible]

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5. [illegible] (PAWS) [illegible]: 1323 [illegible]

6. [illegible] GABA [illegible] 6: [illegible], [illegible], [illegible], [illegible], [illegible] (NSDR) [illegible]

7. [illegible], [illegible], [illegible] (0-10), [illegible], [illegible]

   [illegible]/[illegible]

[illegible] Benzodiazepine [illegible]

* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible] Benzodiazepine [illegible]

- [illegible]: [illegible], [illegible], [illegible]? [illegible]?
- [illegible] PAWS ([illegible]) [illegible] [benzodiazepine]. [illegible] PAWS [illegible].
- [illegible]: [illegible]
- [illegible]: [illegible] (benzodiazepine) [illegible]

□□□

[illegible] 6 — [illegible] GABA [illegible]: [illegible]

THE CENTURION — [illegible] Centurian [illegible] C-28 [illegible] [illegible] — [illegible]

[illegible]: [illegible]—[illegible] [illegible]— [illegible]

[illegible] Recovery Kernel [illegible]: [illegible]

[illegible] 6 [illegible] (GABA) [illegible]—[illegible]

[illegible] GABA [illegible] — [illegible]

[illegible]	[illegible] GABA	[illegible]	[illegible]
[illegible] — [illegible]	[illegible] — [illegible] / [illegible] GABA-B / [illegible]; [illegible] GABA [illegible]	10 [illegible], 10 [illegible], [illegible]. [illegible] 4-7-8 [illegible] (6 [illegible]). [illegible].	[illegible] GABA [illegible] 01 [illegible]

			[illegible]
[illegible] — [illegible]	[illegible] GABA [illegible] GABA-B [illegible] (prefrontal cortex)	[illegible] ([illegible] 04), [illegible] (MBSR), [illegible] 20 [illegible] 5 [illegible] 20 [illegible]	[illegible] GABA [illegible] GABA [illegible] "Sage" [illegible] benzodiazepine [illegible]
[illegible]	[illegible] — [illegible] GABA; BDNF [illegible]; [illegible] HPA; [illegible]	30-45 [illegible], [illegible], [illegible], [illegible], [illegible]—[illegible]	[illegible] GABA, [illegible] GABA-A [illegible] BDNF, [illegible] HPA [illegible] "[illegible]" [illegible] (benzo) [illegible], [illegible]
[illegible]	[illegible] — [illegible] GABA [illegible]	45-90 [illegible], 3-5 [illegible]	[illegible] GABA [illegible] benzodiazepine [illegible] GABA [illegible]—[illegible]
[illegible]	[illegible];	[illegible] 20 [illegible]	[illegible] Sage

[illegible]	[illegible]	[illegible]	[illegible] GABA [illegible]
[illegible]	[illegible] — [illegible]	[illegible] 15 [illegible] (30-90 [illegible]) [illegible] (cold plunge).	[illegible] ([illegible] norepinephrine, [illegible]) [illegible] overwhelmed [illegible] benzodiazepine [illegible] "[illegible]" [illegible]
[illegible]	[illegible] GABA [illegible]	[illegible], [illegible], [illegible], [illegible], [illegible] — [illegible] "[illegible]" [illegible]	[illegible] "Sage" [illegible]

[illegible]: [illegible]

THE CENTURION — [illegible]

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[redacted] [redacted] [redacted] ([redacted] 2-6)	[redacted] 15 ([redacted]), [redacted] CYP2C19	GABRA2, COMT, MTHFR, CYP2C19 — [redacted]	CYP2C19 [redacted] GABRA2 [redacted]
[redacted] [redacted] [redacted] [redacted] (external CBT) [redacted] (MBSR)	[redacted] 04, [redacted] 11, [redacted]	[redacted]; [redacted]; BDNF; [redacted]; Alpha-GPC; [redacted] Lion's Mane; DHA	[redacted] *[redacted]* [redacted]—[redacted]
[redacted] PAWS ([redacted] 1-18 [redacted])	[redacted] 01 ([redacted]), [redacted] 5 [redacted],	[redacted]; [redacted]; [redacted]	[redacted] PAWS (Post-Acute Withdrawal Syndrome) [redacted]

Long Game (Parts 1–3)			

[illegible] 8 — [illegible]

[illegible] (iatrogenic benzo dependence) [illegible]

[illegible]

[illegible]	[illegible]	[illegible]
Buspirone (Buspar)	[illegible] 1A; [illegible] GABA-A; [illegible]; [illegible]	[illegible] 2-4 [illegible] – [illegible] CYP3A4 [illegible] — [illegible] SLC6A4 [illegible] short/short [illegible]
[illegible] SSRI/SNRI ([illegible])	[illegible]: [illegible] (GAD), [illegible] (PTSD)	[illegible] SSRIs [illegible] SNRIs [illegible] CYP2D6 [illegible] CYP2C19 [illegible] 5-MTHF [illegible] SSRI [illegible] MTHFR [illegible] SSRI [illegible] (methylation).
[illegible] ([illegible])	[illegible]; [illegible] GABA; [illegible]; [illegible]—[illegible]	[illegible]

[illegible] ([illegible])	[illegible] – [illegible] ([illegible] Tremor [illegible]) [illegible] GABA [illegible]	[illegible] CYP2D6
Pregabalin ([illegible])	[illegible] GABA [illegible]	[illegible]: Pregabalin [illegible] pregabalin [illegible] benzos [illegible]

[illegible]

THE CENTURION — [illegible] — [illegible] 13 [illegible]

[illegible] "[illegible] 13 ([illegible])" [illegible]:

- [illegible] benzo.org.uk [illegible] (taper schedule) [illegible]
- [illegible] Ashton Protocol

  [illegible]
- [illegible]
- [illegible] CYP2C19 [illegible] (diazepam) [illegible]: "[illegible]"
- [illegible]: [illegible], [illegible], [illegible]

[illegible]

- [illegible] Benzodiazepine Information Coalition (benzoinfo.com) [illegible] Benzo Buddies (benzobuddies.org) [illegible]

[illegible]

THE CENTURION — [illegible] [illegible]

[illegible] Centurian Paper 22 [illegible]: "[illegible] [illegible] '[illegible]?' [illegible] '[illegible]?' [illegible] [illegible] [illegible]: '[illegible] [illegible]?' [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]."

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] GABA-A [illegible] [illegible] [illegible]

Recovery Kernel [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

— — —

[illegible] Ashton ([illegible]): benzo.org.uk | [illegible]: benzoinfo.com | [illegible]: benzobuddies.org

[illegible] "Recovery Kernel Centurion" [illegible] [illegible]

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ [illegible] — [illegible]